

ABSTRACT

The present invention relates to a method for preparing nanoscale or amorphous particles using solid fat as a solvent. According to the present invention, nanoscale or amorphous particles of active ingredients are prepared by using fat as a solvent, wherein
5 the fat is in solid phase at room temperature. The nanoscale or amorphous particles of active ingredients can be advantageously used in medicine, cosmetics, functional foods or the like.